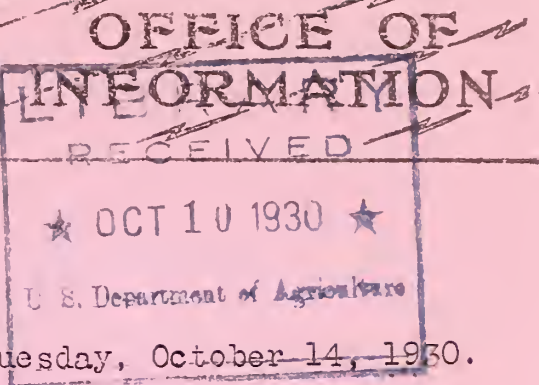


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In 3/11/30

Housekeepers' Chat

Release Tuesday, October 14, 1930.

NOT FOR PUBLICATION

Subject: "Questions and Answers." Information, including recipe for Beef Loaf, from Bureau of Home Economics, U. S. D. A.

Leaflet available: "Cooking Beef According to the Cut," and mimeographed copies of Beef Loaf recipe.

---ooOoo---

There are two important questions to answer today, and I can't decide which to answer first. Shall we start with the recipe, or answer the question about living room curtains?

One must be cautious, in answering questions by radio. If I should begin with curtains, for instance, and most of you want the recipe first, you may grow impatient, while I am discussing house furnishings.

Speaking of questions, and cautious answers, reminds me of Tommy. Tommy lost his baseball, and the man next door found it.

"Is this your ball, Tommy?" asked the neighbor.

"I'm not quite sure," said Tommy. "Have you had any windows or anything broken lately?"

"No," said the neighbor.

"Then," said Tommy, "it's my ball."

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Well, since we have mentioned windows -- let's go right on and get this window-curtain question answered.

"Please tell me how the windows of a living room should be curtained," writes a radio friend.

In answering this question, I consulted Miss Bess Viemont, of the Bureau of Home Economics. Curtains are her specialty.

"The living room is the place where family and friends gather," said Miss Viemont. "Since draperies and accessories are largely responsible for creating a restful, cheery, homelike atmosphere in this room, they should be dignified, yet simple enough to make everybody feel at home. Extreme and faddish window decorations are out of place in a room that reflects the interest and furnishes





the background for so many people."

Miss Viemont says that warm, colorful cretonnes, and patterned fabrics are generally a good choice for the living room, but the pattern should have dignity. Patterns with roses natural enough to pick, and birds ready to burst into song, grow tiresome when looked at month after month.

Of course it is possible to select draperies which are too dignified for the average home. The extreme formality of damasks, brocades, and tapestries may not be appropriate in the average home. Far more pleasing materials are deep-toned, richly patterned cretonnes, or hand-blocked linens with backgrounds to match the color of the walls. There are many designs, in cretonnes and hand-blocked linens, that express individuality.

"What about stripes? " I asked Miss Viemont.

She explained that pronounced stripes are suitable, though rather severe, for the living room. Stripes are sometimes useful in giving a definite heightening or broadening effect. Although plain materials may border on the commonplace, they are sometimes a wiser choice than highly figured fabrics.

Portieres, by the way, should be of the same material as the side draperies, or of plain material the same color as the walls, or slightly darker.

There's another question which I referred to Miss Viemont: "What are the best materials for curtains in a sun room?"

"Something gay and refreshing," said Miss Viemont, "whether it's a sun room or a breakfast room. Materials appropriate for a breakfast room or alcove are checked or striped gingham, English print, voile, dotted swiss, cretonne, or muslin banded with color.

"For the sun room, take particular care to select colors and fabrics that will not fade, or be affected by the intense light."

"What about strongly patterned cretonnes, and vivid awning stripes?" I asked.

"They look well," answered Miss Viemont, "and they are effective in a sun room. However, in order to avoid the unpleasant possibility of faded colors, many people prefer to use natural-colored curtains."

Now, the first question is answered. We are ready for the second. Pencils and paper, please. First, though, here's a short little question that may be run in between times:

"Do you know of any good way to make a hot dish with ground beef, for children?"



Yes, indeed. A quickly prepared and tasty hot dish for children -- and grownups like it just as well -- is ground beef broiled on toast. Toast the bread on one side, butter the other, and spread the buttered side generously with ground, uncooked beef. Dot with butter, and broil under the flame for 5 to 10 minutes. Add seasoning and serve at once. A pound of ground raw meat will cover eight or nine slices of toast.

Did I mention the leaflet, "Cooking Beef According to the Cut," the other day? It contains a recipe for Hamburg on Onion Rings, another very savory way of serving ground beef. There are recipes too for Pot Roast, Swiss Steak, and a most appetizing Stuffed Flank Steak. If you want these recipes for beef, write to me, and I'll send you the leaflet.

Now, let's concentrate on our Beef Loaf recipe. This recipe is not in the leaflet.

There are eleven ingredients in this recipe, but I'll read slowly, so you'll have no trouble in writing them. Eleven ingredients, for Beef Loaf:

2 pounds lean beef.	1 cup chopped parsley.
1 cup salt pork, cut in small pieces.	1/4 cup chopped onion.
4 tablespoons flour.	1 cup fine, dry bread crumbs.
1-1/2 cups milk.	2 teaspoons salt.
1 cup chopped celery	1/8 teaspoon pepper, and
4 or 5 dashes tobasco sauce.	

Eleven ingredients, for Beef Loaf: (Repeat).

Put the meat through a grinder. Fry the salt pork until light brown and crisp. Then remove the pieces from the pan. Make a sauce of the flour, milk, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes in the rest of the pork drippings. Then add to this the bread crumbs and seasonings. Combine all the ingredients, use the hands to mix thoroughly. The mixture will have a sticky consistency.

Lay a piece of parchment paper on a rack, in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven for 1-1/4 hours. Do not cover the pan and do not add water. Much better results are obtained by making the meat loaf in this way, than by packing it into a deep pan and baking it like a loaf of bread. Remove the meat loaf from the paper and serve hot, or chill it and serve in thin slices with watercress garnish.

A meat loaf of this kind slices well, either hot or cold. For cold slicing, let it stand over night, to chill thoroughly. Then you can slice it thin enough to make sandwiches for the children's lunch box, or to serve for a guest luncheon.

Tomorrow we'll have another menu -- something good for hungry school children.

Wednesday: "Sunlight for Babies."

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